

## **SLFarms CSA Week Eighteen, 2022 Recipes**

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## Garlic Herb Chicken Sweet Potato Sheet Pan Meal

Adapted from Café Delites ([www.cafedelites.com](http://www.cafedelites.com))

Total time ~35 minutes

Serves 4

Sheet pan meals are the best! Sub in other veggies to use this as a great exit strategy!

### Ingredients:

1 large sweet potato , peeled and diced into 1/2-inch wide pieces  
¼ cup EVOO, divided  
4 cloves garlic , crushed or finely chopped, divided  
2 tsp dried oregano, divided  
2 tsp basil, divided  
2 tsp parsley, divided  
Salt and freshly ground black pepper  
21 ounces boneless skinless chicken breasts , diced into 1 1/4-inch pieces  
1 large head of broccoli cut into florets (about 3 cups of florets)  
1 red pepper, deseeded and cut into wedges  
1 medium red onion, cut into wedges

### Directions:

Preheat oven to 400°F.

Line a large, rimmed baking sheet / tray with parchment paper or aluminium foil. Arrange sweet potatoes on the tray; drizzle with 1 tablespoon of oil (or enough to evenly coat), 1 crushed garlic clove, 1/2 teaspoon each of oregano, basil and parsley. Toss well to coat completely. Season with salt and pepper and spread into an even layer.

Cover with foil and roast in hot oven for 20 minutes, while preparing the remaining vegetables.

The sweet potatoes will just begin to soften at this time (they will still be fairly hard on the inside, but soft on the outside).

Remove from the oven and arrange the chicken, broccoli, peppers, and onion around the sweet potatoes. Drizzle with remaining oil; add the garlic and herbs. Toss everything together to completely coat in the oil.

Season with extra salt and pepper to taste.

Return to the oven and bake for 15-20 minutes, turning chicken and other ingredients once while cooking, until the chicken is cooked through and no longer pink in the middle, and the other vegetables are cooked through. Serve immediately OR allow to cool to room temperature, divide into 4 containers and you have meals ready for the week!

## **Roasted Squash with Sesame Seeds and Cumin**

Adapted from Martha Stewart ([www.marthastewart.com](http://www.marthastewart.com))

Total time 45 minutes

Serves 6

Try this with any squash, try it with some cumin for something different!

### **Ingredients:**

3 T sesame seeds

1 ½ tsp cumin seeds

2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges

1 tsp ground coriander

Coarse salt and freshly ground pepper

3 T EVOO

### **Directions:**

Preheat oven to 400 degrees. Toast sesame seeds in a small skillet over medium-high, shaking pan frequently, until golden brown, 1 to 2 minutes.

Add cumin seeds and toast until fragrant, about 30 seconds more. Transfer seeds to a small bowl; let cool.

Toss squashes with coriander, 2 teaspoons salt, 1/4 teaspoon pepper, and oil on a rimmed baking sheet. Spread in a single layer; roast 15 minutes.

Add sesame mixture and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

## **Garlic Roasted Potatoes and Carrots**

Adapted from Center Cut Cook ([www.centercutcook.com](http://www.centercutcook.com))

Prep time ~10 minutes, Cook time ~25 minutes

Serves 4

Easy roasting! Throw in some other veggies from your box this week! The onions or kohlrabi would be great!

### **Ingredients:**

1 lb small red skin potatoes, whole

½ lb carrots, chopped

1 Tbs EVOO

½ tsp salt

½ tsp ground black pepper

1 clove garlic, minced

2 tsp fresh thyme, minced

### **Directions:**

Heat oven to 400 degrees.

In a large mixing bowl, combine the potatoes, baby carrots, olive oil, salt, pepper, garlic, and thyme. Stir to mix well.

Pour the potato-carrot mixture into an oven-safe large skillet (or can spread out on a rimmed baking sheet lined with tin foil).

Place the skillet into the oven and roast for 25-30 minutes, stirring occasionally.

The potatoes and carrots are done when they are tender when pierced with a fork.

## Savory Stuffed Butternut Squash

Adapted from Garlic and Zest ([www.garlicandzest.com](http://www.garlicandzest.com))

Total time 45 minutes

Serves 6

Use honeynut or butternut for this super delicious recipe! It also uses KALE, which I know you might still have!

### Ingredients:

For the squash:

2 butternut squash

1 Tbs EVOO

1 pinch salt

For the Stuffing:

1 cup quinoa farro or a blend, cooked at room temperature

1 medium onion diced

2 cloves garlic minced

8 ounces mushrooms fresh, finely diced

1 tsp thyme fresh

½ tsp sage dried, crumbled

2 cups kale leaves only, tough stems removed, finely chopped

¼ cup vegetable broth

1 Tbs EVOO

½ tsp salt

½ tsp pepper

¼ tsp nutmeg freshly grated

¾ cup Parmigiano Reggiano freshly grated

For topping:

1 tsp butter

1 slice bread I used potato bread, but sourdough or plain white bread work fine to

### Directions:

Preheat the oven to 400°. Line a baking sheet with parchment paper.

Cut the squash in half, vertically and scoop out the seeds. Drizzle the cut side with olive oil and rub it into the flesh. Sprinkle with salt and place the squash cut-side-down onto the baking sheet. Roast for 20 minutes.

Meanwhile in a medium skillet, heat the olive oil over medium heat and add the onions and garlic. Saute for 2-3 minutes then stir in the chopped mushrooms, thyme, sage and salt, cook until the mushrooms release their liquid, about 5 minutes. Stir in the chopped kale and vegetable broth, cover and reduce heat to a simmer for 3-4 minutes until kale softens. Stir in the pepper, nutmeg and the cooked grains. Add the parmigiano reggiano and stir until just combined.

Tear the bread into large pieces and transfer to a mini prep food processor. Add the butter and pulse several times until it forms bread crumbs.

When the squash is done, fill the cavities with the stuffing and sprinkle with breadcrumbs and bake for an additional 10 minutes. If the breadcrumbs need additional browning, turn on the broiler and cook just until the breadcrumbs start to brown, (about a minute or two).

[www.sharedlegacyfarms.com](http://www.sharedlegacyfarms.com)

## **Celery Root and Sweet Potato Hash**

Adapted from Bon Appetit ([www.bonappetit.com](http://www.bonappetit.com))

Serves 4

Throw some eggs on top and make this a complete meal, maybe you still have that celery root!

### **Ingredients:**

1 large celery root (celeriac), peeled, cut into  $\frac{3}{4}$ -inch pieces  
1 pound sweet potatoes, peeled, cut into  $\frac{3}{4}$ -inch pieces  
2 sprigs thyme  
1 bay leaf  
1 cup low-sodium chicken broth  
3 Tbs EVOO  
 $\frac{1}{4}$  tsp cayenne pepper  
1 red onion, sliced  
1 garlic clove, thinly sliced  
Kosher salt, freshly ground pepper  
5 slices bacon, cooked, crumbled  
Chopped fresh chives (for serving)

### **Directions:**

Cook celery root, sweet potatoes, thyme, bay leaf, chicken broth, oil, and cayenne pepper in a large nonstick skillet over medium-high heat, tossing occasionally, until vegetables are just beginning to soften and liquid is evaporated, 15–20 minutes.

Add onion and garlic; season with salt and black pepper and cook, tossing often and scraping up any browned bits, until vegetables are tender, 30–35 minutes. Remove thyme and bay leaf and toss in bacon. Serve topped with chives.

## **Slow Cooker Chicken and Kale Sweet Potato Stew**

Adapted from Real Food Whole Food Life ([www.realfoodwholelife.com](http://www.realfoodwholelife.com))

Serves 4

This recipe screams fall! If you don't have kale, sub in ANY greens you may have lingering...and it has EASY written all over it.

### **Ingredients:**

2 large or 4 small sweet potatoes, peeled and chopped into 1-inch pieces

1 bunch kale, stems removed and thinly sliced (2 packed cups)

1 pound boneless, skinless chicken breasts or thighs

2 32-oz boxes chicken stock

2-3 tsp kosher salt

2 tsp Italian seasoning

Extra virgin olive oil, to serve

### **Directions:**

Place all the ingredients in a 6-quart slow cooker, stirring to combine. Cover and cook on high for 4 hours or low for 6, or until the sweet potatoes are tender and the chicken is cooked through and very tender.

Remove the chicken and shred with two forks. Return to the slow cooker and stir to combine. Taste and add additional salt to taste. Serve hot with a generous drizzle of olive oil.

## **Carrot and Butternut Squash Puree**

Adapted from Garlic and Zest ([www.garlicandzest.com](http://www.garlicandzest.com))

Total time ~30 minutes

Serves 6

You can substitute any winter squash, even pumpkin, in this simple recipe!

### **Ingredients:**

1 small butternut squash about 2 pounds

1 pound carrots peeled and cut into 1 inch pieces - or use the baby carrots.

3 T EVOO

2 cloves garlic lightly smashed, peel removed

6-7 fresh sage leaves

1 lemon zested

salt and pepper to taste

### **Directions:**

Fill a large pot with about 1 inch of water. Set a steamer basket inside the pot and fill the steamer basket with squash and carrots. Cover tightly with lid and heat to boiling. Steam the vegetables until very tender, about 15 minutes.

Meanwhile, add olive oil to a small skillet and heat over medium until oil is shimmering. Add garlic and sauté until golden brown. Remove the garlic and add the sage leaves. Fry the sage until just crisp - about 30 seconds. Remove sage from oil and place on paper towels to absorb excess oil.

Transfer squash and carrots to the bowl of a food processor. Puree together until smooth. Add 2-3 tablespoons sage oil, and pulse 2-3 times to combine. Add lemon zest, salt and pepper to taste and stir until combined.

Crumble sage leaves and sprinkle on top. Drizzle with remaining olive oil if desired.



## **Roasted Kohlrabi with Parmesan**

Adapted from Food Network ([www.foodnetwork.com](http://www.foodnetwork.com))

Total time ~40 minutes

Serves 4

This seems like a more weather appropriate way to enjoy kohlrabi!

### **Ingredients:**

2-4 Kohlrabi, peeled and cut into 1-inch wedges

2 Tbs EVOO

$\frac{3}{4}$  tsp sea salt

pinch of cayenne

3 Tbs parmesan

1 Tbs chopped parsley

### **Directions:**

Peel kohlrabi and cut into 1-inch wedges; toss with 2 tablespoons olive oil,  $\frac{3}{4}$  teaspoon kosher salt and a pinch of cayenne on a rimmed baking sheet.

Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with the parmesan and the parsley.

## **Kohlrabi Mash**

Adapted from Food Network ([www.foodnetwork.com](http://www.foodnetwork.com))

Total time ~35 minutes

Maybe mix in some potatoes for those new to kohlrabi in the family!

### **Ingredients:**

~2# Kohlrabi, peeled and quartered

2 Tbs heavy cream

2 Tbs butter

salt and pepper

$\frac{3}{4}$  tsp sea salt

1 Tbs chopped parsley

### **Directions:**

Peel and quarter 2 pounds kohlrabi. Cook in boiling salted water until soft, about 30 minutes; drain.

Puree with 2 tablespoons each heavy cream and butter; season with salt and pepper. Drizzle with olive oil and top with chopped parsley.

Use a food processor or immersion blender to puree these veggies-they're too fibrous for a potato masher.

## Curried Carrot Soup

Adapted from Rachel Ray ([www.foodnetwork.com](http://www.foodnetwork.com))

Total time ~25 minutes

Serves 6

This recipe calls for 6 cups of broth- it's time to use that veggie scrap bag up and make some of your own!

### Ingredients:

1 Tbs EVOO, 1 turn of the pan

2 Tbs butter

1 medium onion, chopped

1 ½ pounds carrots

6 cups chicken stock, or veggie broth

1 Tbs mild curry paste or 1 ½ Tbs curry powder

¼ to ½ tsp ground cayenne pepper

Coarse salt

1 cup sour cream

Plastic condiment bottle or medium plastic food storage bag

6 blades fresh chives, cut into 1-inch pieces

### Directions:

Preheat medium pot over medium high heat. Add olive oil, butter, onions and carrots and saute 5 minutes. Add 4 cups chicken stock, curry and cayenne, and about 1 teaspoon salt to the pot. Bring to a boil, cover and cook until carrots are very tender, about 15 minutes.

Place pot on a trivet next to food processor. Process soup in 2 or 3 small batches until soup is smooth and carrots are fully pureed. Transfer processed soup into a large bowl as you work to make room for more soup in the food processor.

Return completed soup to the soup pot and place back over low heat. If the soup is too thick, add remaining stock, up to 2 cups, to achieve desired consistency. Adjust seasonings. Place sour cream in a plastic condiment squeeze bottle or into a medium food storage bag. Cut a very small hole in the corner of the bag with scissors.

Ladle soup into bowls and squirt a swirl of sour cream around the bowl from the center out to the rim. Drag a toothpick from the center of the bowls out to the edges, forming a spider web design on soup.

Pile a few pieces of cut chives at the center of each bowl and serve!

## Maple Roasted Butternut Squash & Apple Salad

Adapted from TwoPeasinaPod.com

### Ingredients:

1 small butternut squash peeled and chopped  
3 Granny Smith apples core and chopped  
1/2 tablespoon olive oil  
1 tablespoon pure maple syrup  
1 teaspoon Kosher salt  
1/4 teaspoon freshly ground black pepper  
freshly ground black pepper  
About 8 cups mixed salad greens  
1/4 cup dried cranberries  
1/2 cup sunflower seeds  
3/4 cup feta cheese (or goat cheese)

### For the Maple Mustard Dressing:

3 cloves garlic  
1 tablespoon Dijon mustard (or double up if you don't have the brown mustard below)  
1 tablespoon brown grainy mustard  
2/3 cups maple syrup  
1/3 cup apple cider vinegar  
1 cup canola oil  
Salt and pepper to taste

### Directions:

Preheat the oven to 400 degrees F. Place the butternut squash and apple chunks on a large baking sheet. Add olive oil, maple syrup, salt and pepper and toss. Roast the squash and apples for 25-30 minutes, turning once, until tender. Remove from the oven and cool to room temperature.

While the squash and apples are roasting, make the maple mustard dressing. Combine garlic, mustards, syrup, vinegar, salt and pepper in a blender or food processor. Blend until smooth. With the machine running, pour in oil in a slow steady stream to emulsify. You should have about 2 cups of dressing. You will not need it all for the salad. You can store the leftover dressing in the refrigerator for about two weeks.

Place the mixed greens in a large salad bowl and add the butternut squash, apples, dried cranberries, sunflower seeds, and feta cheese. Drizzle dressing over the salad to moisten and toss well. Serve immediately.